



OPERATING AND INSTALLATION INSTRUCTIONS

MODEL NO.
SB 422/423

TECHNICAL DETAILS

MODEL NO. SB 422/423

Voltage: 230/240 Volts AC 50Hz

Wattage: 10.3/11.2kW

Height: 1290mm

Width: 550mm

Depth: 595mm

Weight: 54kg



This appliance complies with: European Council Directive 73/23/EEC.
EMC Directive 89/336/EEC.
CE Marking Directive 93/68/EEC

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PREFACE

Dear Customer,

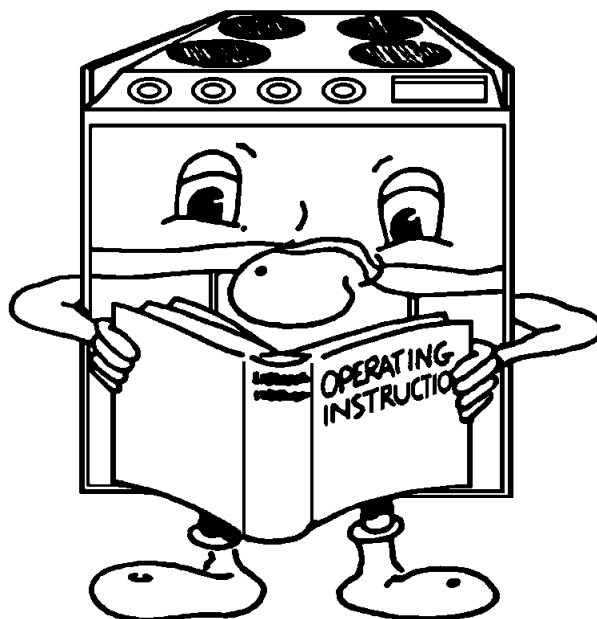
Thank you for buying a Tricity Bendix appliance. With our 80 years experience in developing and manufacturing the very best in U.K. appliances, you can be assured that you have purchased a hard working, reliable, quality product.

Tricity Bendix appliances comply with British Standard safety and performance requirements. They have been approved by BEAB (British Electrotechnical Approvals Board) and are covered by a 12 month parts and labour guarantee.

To get the best from your new Tricity Bendix appliance, we ask that you PLEASE READ THESE INSTRUCTIONS CAREFULLY. Particular attention should be made to cooking times and temperatures, which may differ, from your previous appliance.

It is most important that this instruction book is retained with the appliance for future reference. Should the appliance be sold, or if you move house and leave the appliance, always ensure that the book remains with the appliance. This will enable the new owner to be acquainted with the functioning of the appliance and the relevant warnings.

Please read the whole instruction book before attempting to use the appliance ensuring you follow the recommendations given.



SAFETY

THESE WARNINGS ARE PROVIDED IN THE INTERESTS OF YOUR SAFETY. ENSURE THAT YOU UNDERSTAND THEM ALL BEFORE INSTALLING OR USING THE APPLIANCE.

PLEASE
READ
CAREFULLY



BEFORE INSTALLATION



This appliance is heavy and care **must** be taken when moving it.



Ensure that all packaging, both inside and outside the appliance has been removed before the appliance is used.

If the appliance is to be placed on a base, measures must be taken to prevent the appliance slipping from the base.



Do not try to *lift* or move the appliance by pulling the door handles.

The electrical installation work **must** be undertaken by a qualified electrician/competent person.



It is dangerous to alter or modify the specifications of the appliance in any way.



Do not allow young children to play with any part of the packaging



After installation, please dispose of the packaging with due regard to safety and the environment, your local authority can arrange this.

DURING OPERATION

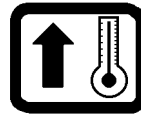


Do not use this appliance if it is in contact with water. **Never** operate it with wet hands.



This appliance is designed to be operated by adults. Young children **must not** be allowed to tamper with the appliance or play with the controls.

During use the appliance becomes **Hot**. Care should be taken to avoid touching the heating elements inside the oven.



Accessible parts especially around the grill area may become hot when the appliance is in use. Children should be **kept away** until it has cooled.



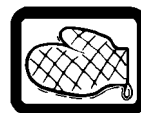
Take **great care** when heating fats and oils, as they will ignite if they become too hot.

This appliance has been designed for cooking edible foodstuffs only, and **must not** be used for any other purposes.

Never place plastic or any other material which may melt in the oven or on the hob.



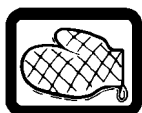
Ensure cooking utensils are large enough to contain foods to prevent spillages and boil overs.



The handles of saucepans which are smaller than the heated area on the hob will become hot. **Ensure** your hand is protected before handling the pan.



Take care to follow the recommendations given for tending the food when grilling.



Always use oven gloves to remove and replace food in the oven.

Ensure that all vents are left unobstructed to ensure ventilation of the oven cavity.

Ensure the anti-tilt shelves are put in place correctly. Refer to instructions on page 18.



Never line any part of the appliance with aluminium foil. **Do not** allow heatproof cooking materials e.g. roasting bags, to come into contact with oven elements.



Always stand back from the appliance when opening the oven door to allow any build up of steam or heat to release.



Never leave the appliance unattended when the oven doors are open.



Do not place sealed cans or aerosols inside the oven. They may explode if they are heated.

AFTER USE



Ensure that all control knobs are in the OFF position when not in use.



For hygiene and safety reasons this appliance should be kept clean at all times. A build-up of fats or other foodstuffs could result in a fire, especially in the grill pan.

Do not leave utensils containing foodstuffs, e.g. fat or oil in or on the appliance in case it is inadvertently switched on.



Cookers and hobs become **very hot**, and retain their heat for a long period of time after use. Children should be kept well away from the appliance until it has cooled.

GENERAL

Under no circumstances should any repairs be carried out by an inexperienced person as this may cause injury or serious malfunction.



This appliance should be serviced by an authorised service Engineer and only genuine-approved spare parts should be used. Details of repair and servicing arrangements are supplied on page 26 of this book.



Do not stand on the appliance or on the open oven door.



Do not hang towels, dishcloths or clothes from the appliance or its handle. They are a safety hazard.



Always switch OFF the appliance at its power point and allow the appliance to cool before any maintenance or cleaning work is carried out.



Only clean this appliance in accordance with the instructions given in this book.

Your safety is of paramount importance.

Therefore, if you are unsure about any of the meanings of these **WARNINGS** contact the:

Customer Care Department
Telephone 0870 5 950950

INTRODUCTION

WARNING: THIS APPLIANCE MUST BE EARTHED

RATING PLATE

This is situated on the lower front frame of the appliance and can be seen upon opening the cavity door. Alternatively the rating plate may also be found on the back or top of some models (where applicable).

The appliance must be protected by a suitably rated fuse or circuit breaker. The rating of the appliance is given on the rating plate.

Do not remove the rating plate from the appliance as this may invalidate the guarantee.

INSTALLATION

If your appliance has been damaged in transit, contact your supplier immediately. **DO NOT** attempt to install it.

Your appliance left the factory fully packaged to protect it from damage. If it is delivered without packaging and damage has occurred, the manufacturer cannot accept responsibility. Contact your supplier for advice.

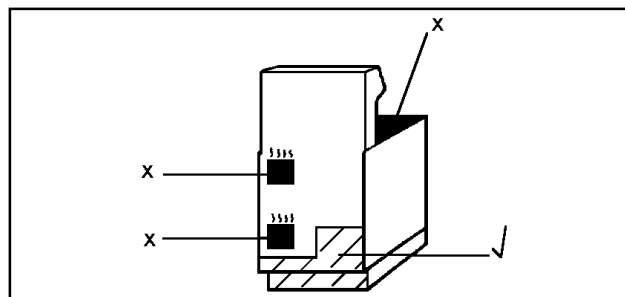
Once the packaging has been removed the appliance should only be moved by hand. **DO NOT** use a sack barrow or any other aid to lift the appliance as damage may occur.

Connection to the electricity supply must be carried out by a qualified electrician/competent person.

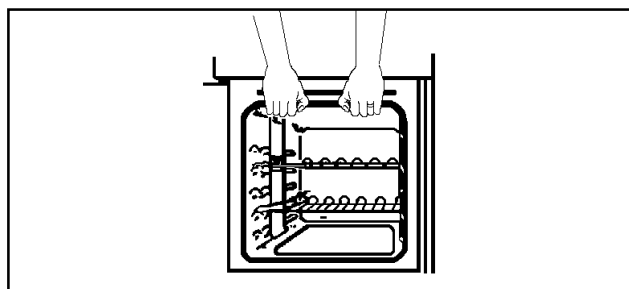
The electrical connection should be made using a double pole isolating switch (cooker socket) with at least 3mm contact separation in all poles. The cable must have conductors of sufficiently high cross-sectional area to prevent overheating and deterioration.

Six square millimetres (6.00mm^2) is the recommended cross-section area.

The cable should be routed away from potentially hot areas marked by X in the diagram below.



To move the appliance, open the oven door, and lift the appliance by holding inside the top of the oven compartment.

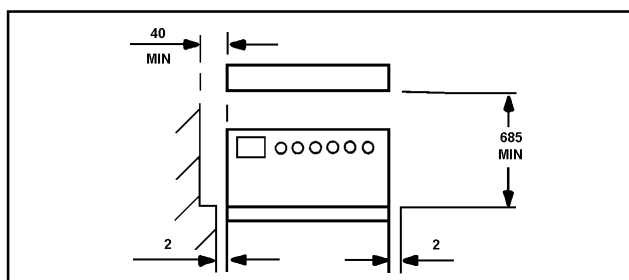


This is a type Y appliance, which means it is free-standing and can be fitted with cabinets on one or both sides. It may also be fitted in a corner setting.

A nominal air gap of 2mm at the sides of the appliance is required to enable the appliance to be moved into position.

Side walls which are above hob level should be protected by heat resistant non-combustible material and **MUST NOT** be nearer than 40mm to the hob side.

Overhanging surfaces or a cooker hood should be a minimum of 685mm above the hob.



It is important to ensure that the appliance is level after installation. Levelling feet are fitted to the appliance to accommodate uneven floors.

REVERSIBLE MAIN OVEN DOOR

If you require the oven door to be hinged on the opposite side, you will need to contact a qualified Service Engineer. See pages 27 - 28 for your nearest Service Force Centre. PLEASE NOTE that a charge will be made.

GENERAL NOTES ON USING YOUR APPLIANCE

We suggest that you run the oven elements for 10 – 15 minutes at 220°C to burn off any residue from their surfaces. The procedure should be repeated with the grill for approximately 5 – 10 minutes. During this period an odour may be emitted, it is therefore advisable to open a window for ventilation.

ABOUT CONDENSATION AND STEAM

When food is heated it produces steam similar to a boiling kettle. The oven is vented to allow some of this steam to escape. However, always stand back from the appliance when opening the oven door to allow any build up of steam or heat to release.

If the steam comes into contact with a cool surface on the outside of the appliance, e.g. a trim, it will condense and produce water droplets. This is quite normal and is not caused by a fault on the appliance.

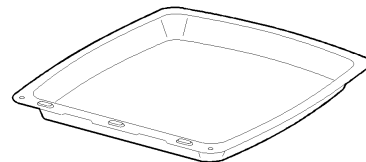
To prevent discolouration, regularly wipe away condensation and also soilage from surfaces.

For your safety wall coverings at the rear of the appliance should be securely fixed to the wall.

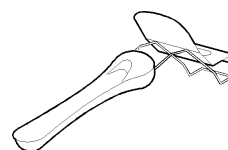
GRILL AND OVEN FURNITURE

The following items of grill/oven furniture have been supplied with the appliance. If you require replacements of any of the items listed below, please contact your local Service Force Centre quoting the relevant part number.

1 grill pan
(311409401)



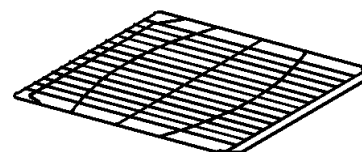
1 grill pan handle
(311468100)



NOTE

If you require an additional handle for your grill pan, this can be ordered from your local Service Force Centre by quoting the relevant part number 311479800\6

1 grill pan grid
(311419801)



1 straight shelf for grilling

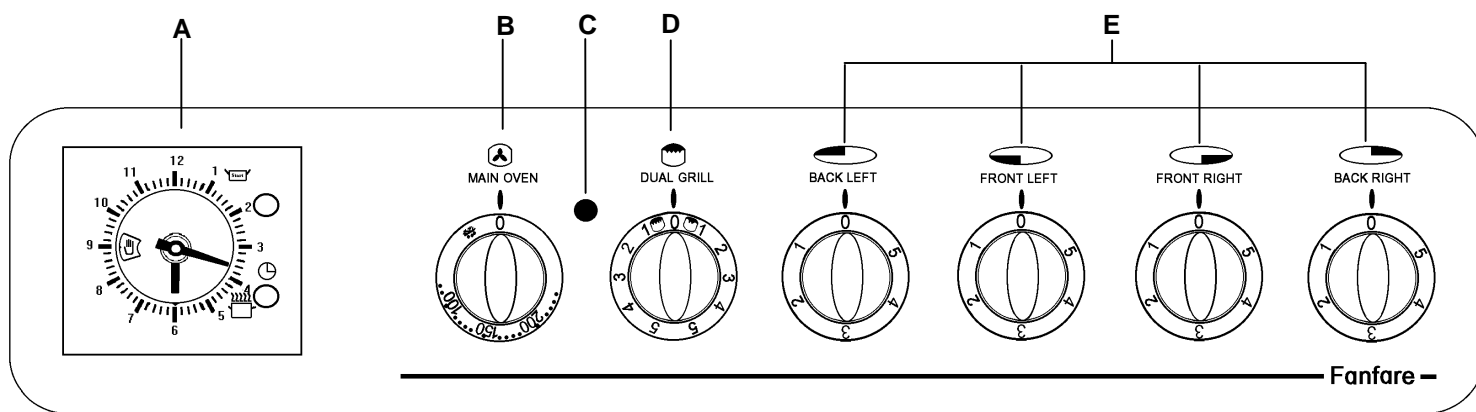


2 straight shelves
for oven cooking



GETTING TO KNOW YOUR APPLIANCE

THE CONTROL PANEL



FEATURES

- A - Timer
- B - Oven Temperature Control
- C - Oven Indicator Neon
- D - Dual Grill Control
- E - Hotplate Controls

THE TIMER

A CLOCK/COOK TIME SETTING KNOB

B START TIME SETTING KNOB

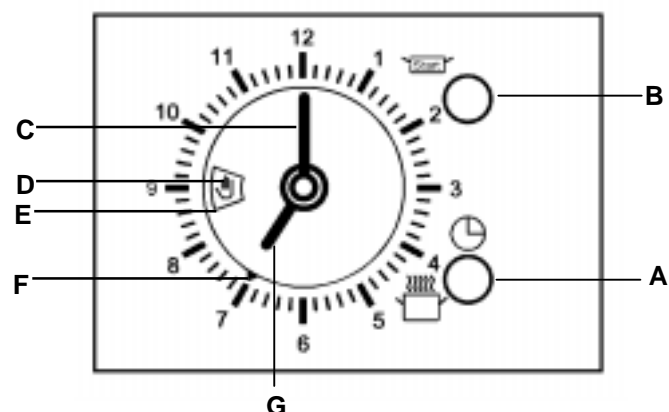
C MINUTE HAND

D MANUAL SYMBOL (👉)

E DISPLAY WINDOW

F START TIME INDICATOR (◀)

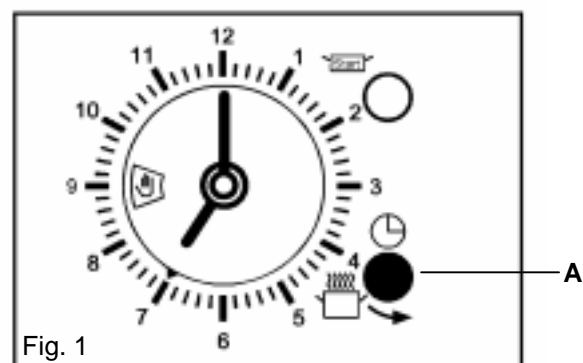
G HOUR HAND



1. TO SET THE TIME OF DAY

The clock will operate when the appliance is switched ON at the wall.

To set, **push in** and turn setting knob (A) anti-clockwise until the right time of day is displayed, e.g. 7 a.m. as Fig.1.



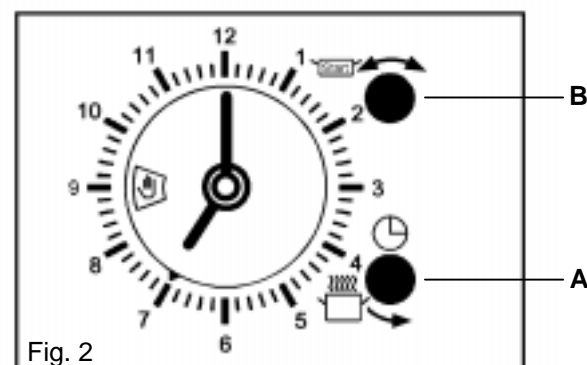
2. TO SET TO MANUAL

Ensure the time of day has been set as above.

Push in and turn setting knob (B) in either direction until the start time indicator (F) lines up with the hour hand of the clock.

Turn setting knob anti-clockwise, **without pushing it in** until the manual (👉) symbol can be seen in the display window as Fig. 2.

The oven temperature controls can now be operated as required. The oven indicator neon will glow.

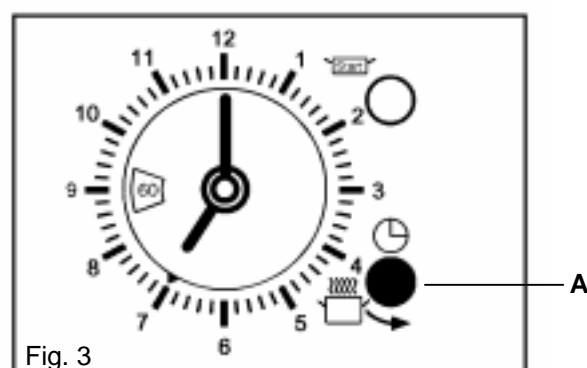


3. TO SET THE MINUTE MINDER


Turn setting knob (A) anti-clockwise, **without pushing it in**. The selected minutes can be seen in the display window, e.g. 60 minutes as Fig. 3.

A period of up to 180 minutes (3 hours) can be timed using the minute minder. The minute minder cannot be used when an automatic programme has been set on the oven timer.

At the end of the set time a continuous bell will sound for up to 6 minutes. The oven will turn off.






4. TO CANCEL THE MINUTE MINDER

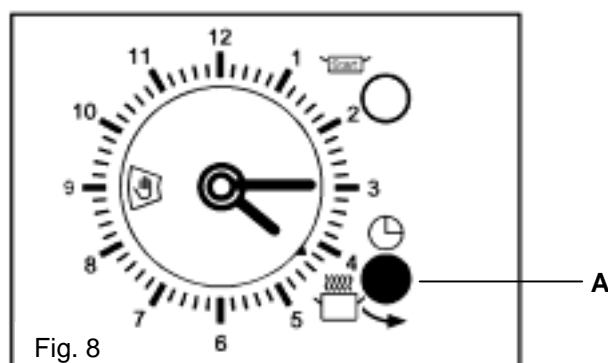
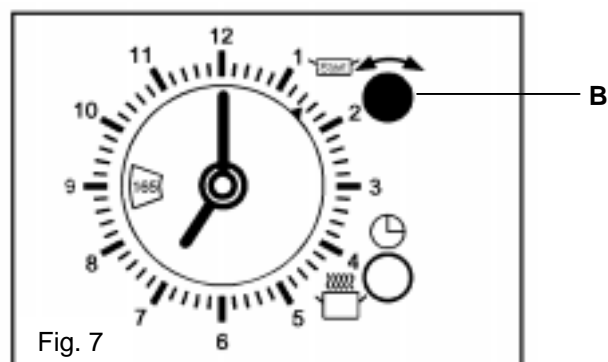
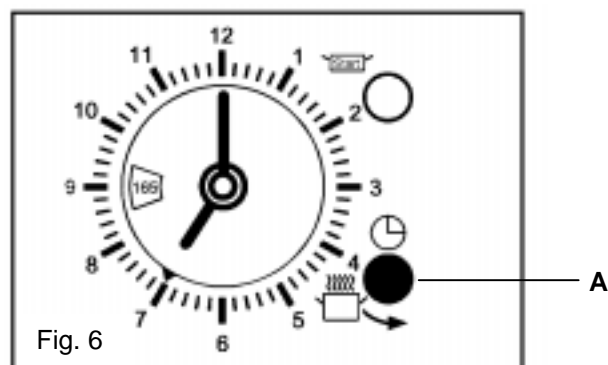
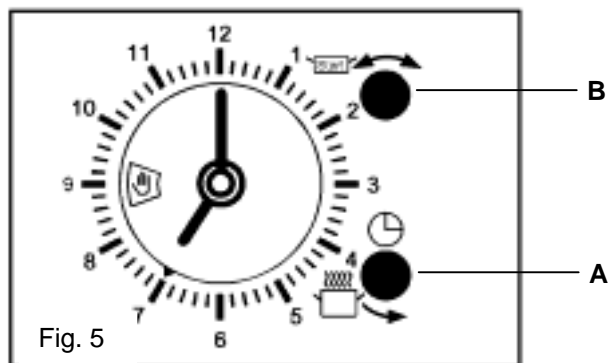
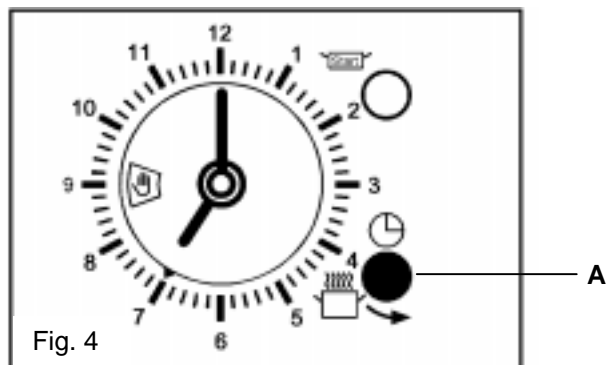
Turn setting knob (A) anti-clockwise, **without pushing it in** until the manual symbol () appears in the display window as Fig.4.

5 HOW TO SET THE OVEN TIMER

When using the oven timer for the very first time, it is advisable to let it operate while you are at home. The timer can be checked to show that it is operating correctly, you will then feel confident to leave a meal to cook automatically in the future.

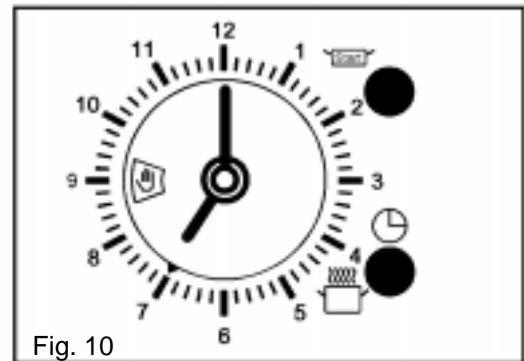
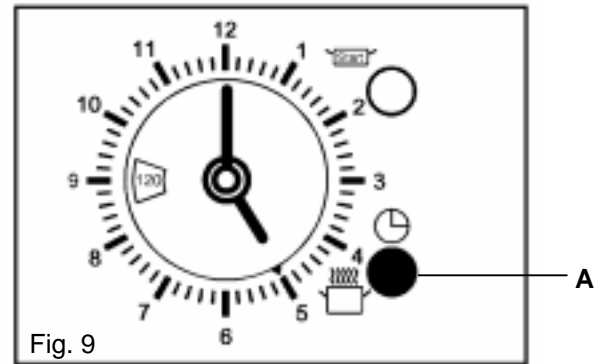
A) TO SWITCH THE OVEN ON AND OFF AUTOMATICALLY

- i) Make sure the electricity supply is switched ON.
- ii) Ensure the clock shows the correct time of day and the appliance is set in manual (see point 2).
Adjust as necessary as Fig. 5.
- iii) Place food in oven.
- iv) To set the length of time you want the food to cook; turn setting knob (A) anti-clockwise, **without pushing it in**, until the required cooking period can be seen in the display window e.g. 165 minutes (2 hours 45 mins) as Fig. 6.
- v) Set the start time, by **pushing in** and turning setting knob (B) in either direction until indicator () (F) lines up with the time you want the food to start cooking, e.g. 1.30 p.m. as Fig.7.
- vi) Turn the oven temperature control to the required setting. The oven indicator light should be OFF.
- vii) When automatic cooking starts the oven indicator neon will remain on whilst reaching temperature and will then turn ON and OFF showing that the oven temperature is being maintained.
- viii) The start time indicator () (F) will move with the hour hand of the clock until the length of cooking time is complete. A bell will sound which can be cancelled by turning setting knob (A) anti-clockwise **without pushing it in**, until manual symbol () appears in the display window as Fig.8.
- ix) The maximum cooking time on automatic is 180 minutes (3 hours).



B) TO SET THE TIMER TO SWITCH OFF AUTOMATICALLY

- Make sure the electricity supply is switched on.
- Ensure the clock shows the correct time of day and the appliance is set to manual. Adjust as necessary.
- Place food in oven.
- To set the length of time you want the food to cook; turn setting knob (A) anti-clockwise, **without pushing it in**, until the required cooking period can be seen in the display window, e.g. 120 minutes (2 hours) and Fig. 9.
- Turn the oven temperature control to the required setting. The oven indicator neon should glow.
- The oven indicator neon will remain on whilst reaching temperature and will turn ON and OFF showing that the oven temperature is being maintained.
- The start time indicator (◀) (F) will move with the hour hand of the clock until the length of cooking time is complete. A bell will sound which can be cancelled by turning setting knob (A) anti-clockwise, **without pushing it in**, until the manual symbol (👉) appears in the display window as Fig. 10.

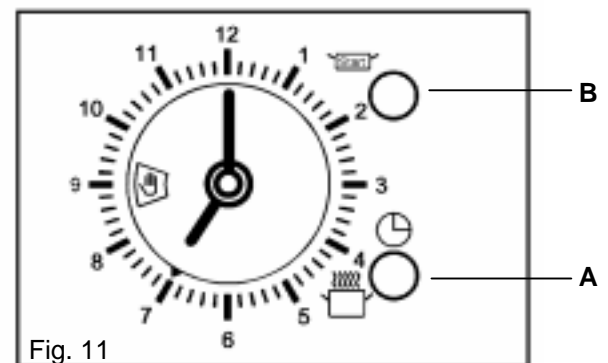


6 RETURNING THE APPLIANCE TO MANUAL OR TO CANCEL AN AUTOMATIC PROGRAMME

Turn the oven temperature control OFF. Ensure the start time indicator (◀) (F) lines up with the hour hand of the clock by **pushing in** and turning in either direction, setting knob (B) Fig 11.

The manual symbol (👉) should be displayed in the window by turning setting knob (A) anti-clockwise, **without pushing it in**.

Turn the oven temperature control ON to check that the oven operates manually. The oven neon indicator neon should glow.

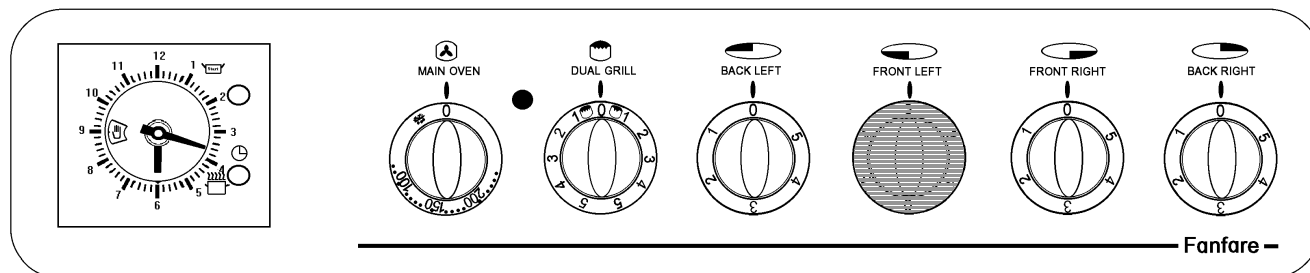


7 THINGS TO NOTE

- * If an automatic programme has been set on the main oven, the grill WILL operate manually.
- * The delay time plus the cooking time MUST NOT exceed 11 hours and 59 minutes.

THE RADIANT HOB

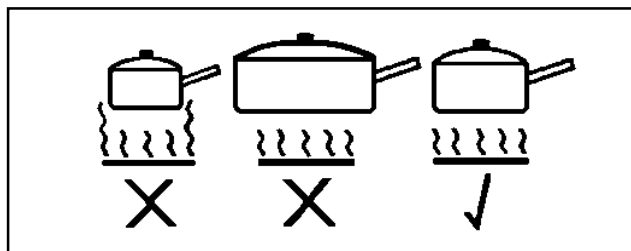
USING THE HOB



- To operate the hotplates turn the control knobs in either direction to vary the heat setting.
- The highest number represents the hottest setting and the lowest number the coolest setting. Choose a setting appropriate to the quantity and type of food to be cooked.

RECOMMENDED SAUCEPANS

For speed and economy only good quality saucepans with flat bases and close fitting lids are recommended.



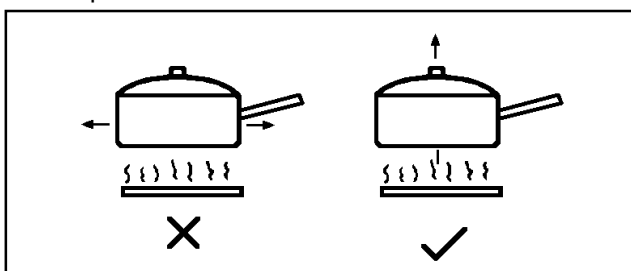
The saucepan base should cover the hotplate as much as possible. A base diameter of up to 225mm (9") may be used on a 180mm (7") hotplate.

Pressure cookers, preserving pans, etc., should comply with the recommendations given above.

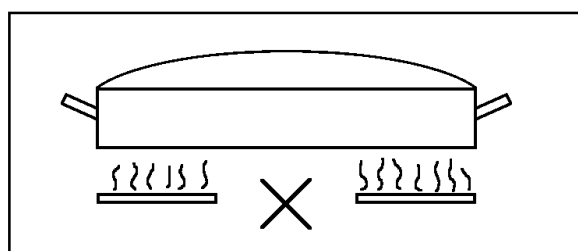
Traditional round bottomed Woks must not be used even with a stand. Woks with flat-bottomed bases are available and do comply with the above recommendations.

HINTS AND TIPS

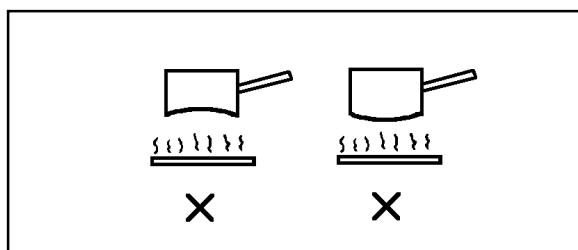
Lift, rather than slide saucepans on and off the hob to help reduce scratches and maintain the efficiency of the hotplates.



- Avoid placing fish kettles or large preserving pans across two hotplates as this may cause damage.



- Follow any guidelines provided by the saucepan manufacturer, particularly those relating to recommended heat settings.
- Avoid using thin, badly dented or distorted saucepans. Those with uneven bases should not be used.



- To prolong the life of the hotplates:
 - Never use utensils with a skirt, e.g. a bucket.
 - Never use an asbestos mat.
 - Never line the spillage tray with aluminium foil.
 - Never leave the hotplates ON when not covered with a saucepan.
- For full details on deep fat frying and preserving refer to instructions on page 15.

DEEP FAT FRYING

SPECIAL FRYING NOTE:

For safety purposes when deep fat frying, fill the pan one third full of oil, **DO NOT** cover the pan with a lid and **DO NOT** leave the pan unattended. In the unfortunate event of a fire, switch the appliance OFF at the electricity supply and cover the pan with a lid or damp cloth to assist in smothering the flames.

DO NOT use water on the fire. Leave the pan to cool for at least 30 minutes before moving it.

DO NOT leave the fat or oil in the frying pan on the hob to store it in case the hob is inadvertently switched ON.

1. Preparing the food.

Seal the food by coating with flour, egg and breadcrumbs or batter. **Do not** use a basket with batter coated foods as they will stick.

2. Amount of oil.

For safety purposes fill the pan only one-third full of oil.

3. Testing the temperature of the oil.

It is advisable to use a thermometer to test the temperature of the oil. Alternatively, drop a small cube of bread into the oil which should be brown in just under a minute if the oil is at the correct temperature of 190°C/375°F.

4. Cooking the food.

Lower the food gently into the oil. **Do Not** add too much food at once or the temperature of the oil will be reduced and may result in soggy, greasy food.

Turn the food if necessary; doughnuts float to the surface so will not brown on the upperside if not turned. Once cooked, drain the food on absorbent paper.

5. Double frying chips.

Double frying will ensure good chips. First fry the chips for a few minutes at 170°C/340°F to seal the outside. Remove the chips from the oil. Increase the temperature of the oil to 190°C/375°F to finish cooking and brown the chips.

Chips may be kept for several hours after the first frying before finishing off with the second frying.

6. Frying temperatures

	Celsius Scale (°C)	Fahrenheit Scale (°F)
	150	300
First frying of potatoes	170 175 180	340 350 360
Second frying of potatoes	190	375
Frying chicken and fish	195 200	380 390

PRESERVING

1. **DO NOT** use a pan that overlaps the perimeter of the hob trim.

2. To allow for a full rolling boil, the pan should be no more than one third full when all the ingredients have been added. It is better to use two pans rather than overfill one, or use half quantities.

3. Use firm fruit or vegetables and wash well before using.

4. Preserving sugar gives clear jam, however granulated sugar is cheaper and gives equally good flavour.

5. Crystallization may be caused if sugar is not completely dissolved before bringing jam to the boil. Over boiling will affect the flavour, setting properties and colour of the jam.

6. To test jam for setting:

If a jam thermometer is available, boil jam to 104°C. Marmalade should be boiled to 106°C.

If a jam thermometer is not available, remove pan from heat, place sample of jam on dish and cool quickly (i.e. in a freezer or frozen food storage compartment of a refrigerator). When cold it will crinkle and hold the mark of a finger run through it, if it is at setting point.

7. The scum should be removed as soon as possible after setting point has been reached. Marmalade should be allowed to cool before potting to prevent the peel rising.

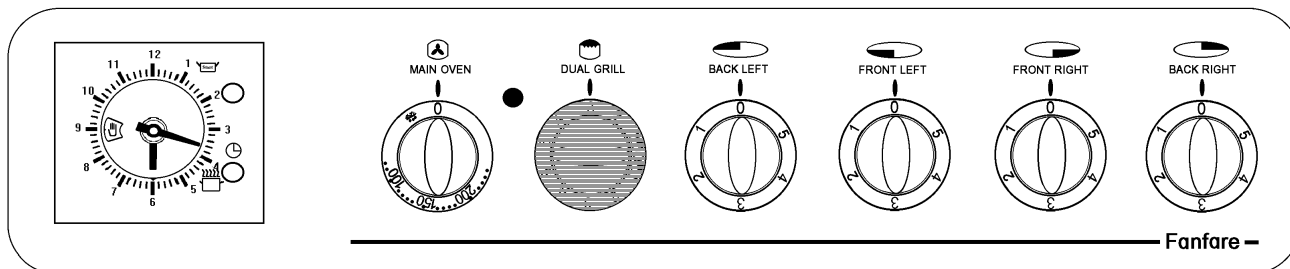
THE GRILL

USES OF THE GRILL

CAUTION – ACCESSIBLE PARTS MAY BECOME HOT WHEN THE GRILL IS IN USE. CHILDREN SHOULD BE KEPT AWAY.

The grill is a dual circuit grill which means that the full area of the grill can be used, or for economy purposes, the centre section only can be used when cooking smaller quantities of food.

SELECTING THE GRILL



- Turn the grill control clockwise for full grill or anticlockwise for the centre section only.
- The highest number represents the hottest setting and the lowest number the coolest setting.

NOTE

THE GRILL DOOR MUST BE LEFT OPEN DURING GRILLING.

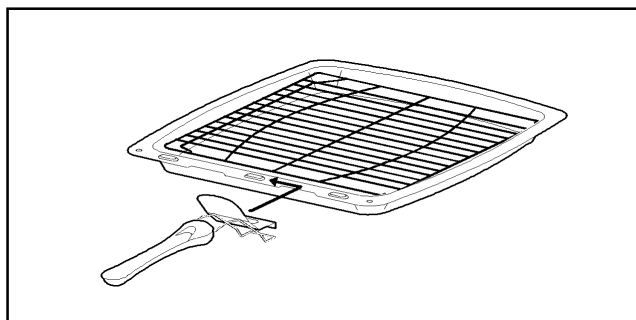
The outer element may appear to glow slightly brighter than the inner element. This is quite normal.

THE GRILL PAN AND HANDLE

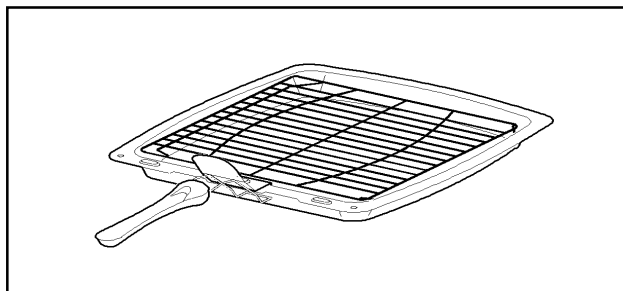
The grill pan is supplied with a removable handle.

To attach the handle, place the wirework under the cut out in the pan so that the metal plate hooks over the top of the grill pan.

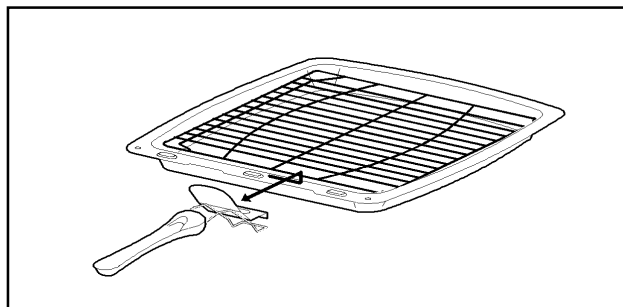
Slide the handle to the left and over the central bump on the grill pan.



Ensure the handle is correctly located. It is not necessary to remove the grill pan handle during grilling.



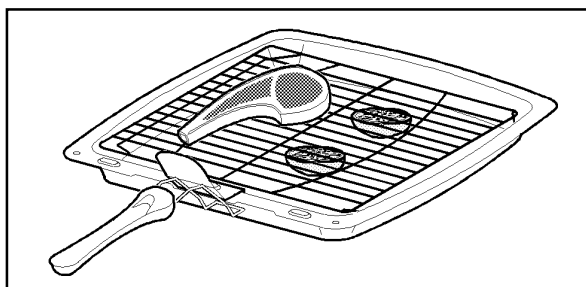
To remove the handle, slide the handle to the right and lift the handle away from the cut out on the grill pan.



Place the grill pan on the shelf so that the pan is positioned centrally beneath the grill.

HINTS AND TIPS

- In order to become acquainted with the performance of the Dual Grill it is advisable to check food regularly when grilling.
- Food should be thoroughly dried before grilling to minimise splashing. Brush lean meats and fish lightly with a little oil or melted butter to keep them moist during cooking.
- Adjust the height of the grilling grid and grill pan runner position to allow for different foods.
- Accompaniments such as tomatoes and mushrooms may be placed underneath the grid when grilling meats.



- When toasting bread use the straight shelf in position 1 with the grid in the high position.
- Preheat the grill on a full setting for a few minutes before sealing steaks or toasting. Adjust the heat setting and the shelf as necessary during cooking.
- The food should be turned over during cooking as required.
- When using the centre section of the dual grill, ensure food is positioned centrally on the grill pan grid in the grill pan.
- The outer element may appear to glow slightly brighter than the inner element. This is quite normal.

NOTE

If you require an additional handle for your grill pan, this can be ordered from your local Service Force Centre by quoting part number 311479800\6.

GRILLING CHART

FOOD	RUNNER POSITION	GRILL TIME (mins in total)
Bacon Rashers	1	2-3 each side
Beefburgers	1	6-10 each side
Chicken Joints	1	15-20 each side
Chops - Lamb	1	7-10 each side
Pork	1	10-15 each side
Fish – Whole	1	
Trout/Mackerel	1	8-12 each side
Filletts – Plaice/Cod	1	4-6 each side
Kebabs	1	10-15 each side
Kidneys – Lamb/Pig	1	4-6 each side
Liver – Lamb/Pig	1	5-10 each side
Sausages	1	10-15 each side
Steaks - Rare	1	3-6 each side
Medium	1	6-8 each side
Well Done	1	7-10 each side
Toasted Sandwiches	1	1¼-1½ each side

Shelf positions are counted from the bottom upwards.

The times quoted above are given as a guide and should be adjusted to suit personal taste.

THE MAIN FAN OVEN

USES OF THE FAN OVEN

PREHEATING

The fan oven quickly reaches its temperature, so it is not usually necessary to preheat the oven. Without preheating, however, you may find you need to add an extra 5 –10 minutes on the recommended cooking times. For recipes needing high temperatures, e.g. bread, pastries, scones, soufflés, etc., best results are achieved if the oven is preheated first. For best results when cooking frozen or cooked chilled ready meals always preheat the oven first.

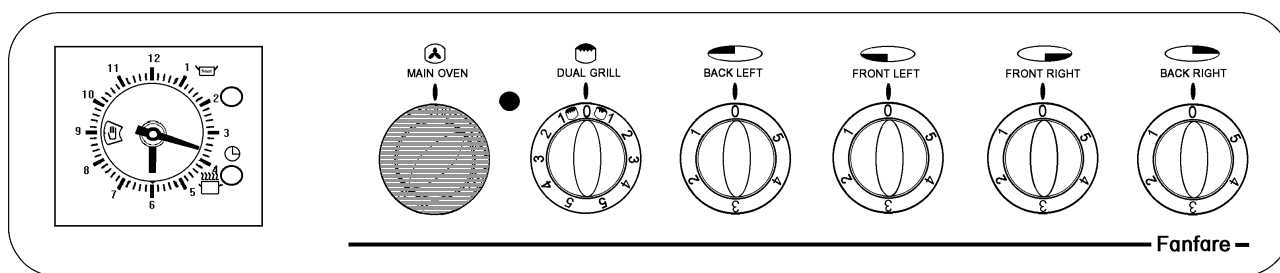
COOKING TEMPERATURES

Fan oven cooking generally requires lower temperatures than conventional cooking. Follow the temperatures recommended in the chart on page 20. As a guide reduce temperatures by about 20°C – 25°C for your own recipes.

BATCH BAKING

The fan oven cooks evenly on both shelf levels, especially useful when batch baking.

SELECTING THE FAN OVEN



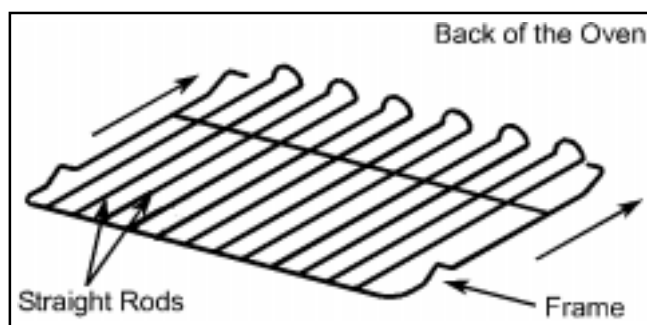
Turn the oven temperature control to the required setting.

THINGS TO NOTE

1. The main indicator neon will glow until the oven has reached the desired temperature and then go out. It will turn ON and OFF periodically during cooking showing that the temperature is being maintained.

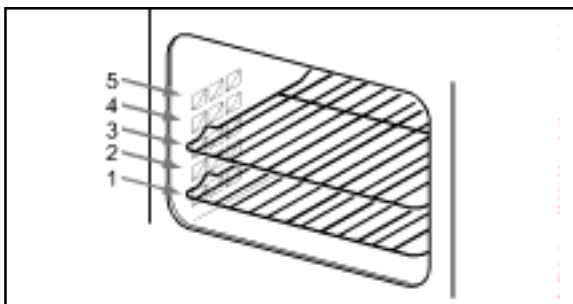
TO FIT THE MAIN OVEN SHELVES

The shelves should be fitted with the straight rods uppermost on the frame and the forms towards the back of the oven. If not fitted correctly the anti-tilt and safety stop mechanism will be affected.



HINTS AND TIPS

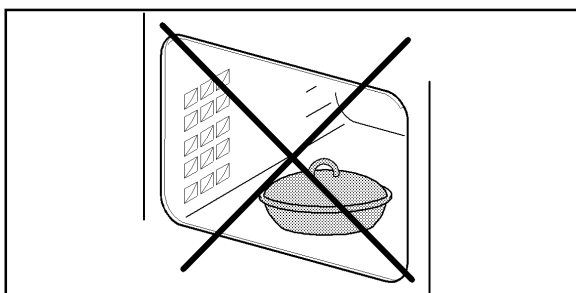
- Arrange the shelves in the required positions before switching the oven ON. Shelves are numbered from the bottom upwards.



- When cooking more than one dish in the fan oven, place dishes centrally on different shelves rather than cluster several dishes on one shelf. This will allow the heat to circulate freely for the best cooking results.
- When batch baking one type of food, e.g. Victoria sandwich cakes, those of similar size will be cooked in the same time.



- It is recommended that when baking larger quantities, the shelf positions should be evenly spaced to suit the load being cooked. A slight increase in cooking time may be necessary.
- **DO NOT** place baking trays directly on the oven floor as it interferes with the oven air circulation and can lead to base burning; use the lower shelf position. However, non-critical dishes/foods may be placed on the base of the oven when additional space is required.



- The use of excessively high temperatures can cause uneven browning. It may be necessary to reduce temperatures slightly. Refer to the recommendations given in the oven cooking chart on page 20.

OVEN COOKING CHART

The oven temperatures are intended as a guide only. It may be necessary to increase or decrease the temperatures by 10°C to suit individual preferences and requirements.

Shelf positions are counted from the bottom of the oven.

FOOD	MAIN OVEN SHELF POSITIONS	COOKING TEMP (°C)	APPROXIMATE COOK (TIME MINS)
Biscuits	4 and 5	190-200	10-20
Flapjacks	5	180-190	25-30
Shortbread	3	150-160	45-65
Bread	1 and 5	210-220	20-30
Bread rolls/buns			
Casseroles- beef	3	140-150	2-3 hours
chicken	3	180-190	1½ hours
Cakes: Small & Queen	2 and 5	180-190	20-25
Victoria sandwich	2 and 5	180-190	20-25
Gingerbread	3	150-160	1¼-1½ hours
Madeira	3	170-180	1-1¼ hours
Rich fruit	3	150-160	2¼-2¾ hours
Christmas	2	140-150	Depending on size 3-4½ h
Meringues	2	90-100	2½-3 hours
Convenience foods		Follow instructions on the pack	
Fish	3	180-190	20-30
Fish pie (potato topped)	3	200-210	20-25
Shepherds pie	4	210-220	40-45
Fruit pies and crumbles	4	210-220	40-45
Milk puddings	2	150-160	1½-2 hours
Pastry: Choux – Chocolate eclairs	2 and 5	190-200	30-35
Profiteroles	2 and 5	180-190	20-30
Shortcrust – Mince pies	2 and 5	200-210	15-20
Flaky/Puff pies	3	220-230	30-40
Quiche Lorraine/tarts/flan	5	200-210	30-45
Meat pie	5	200-210	30-45
Plate tarts/pies	2 and 5	200-210	30-45
Scones	2 and 5	230-240	8-12
Soufflé	3	200	30-40
Roasting Meat and Poultry	1	180-200	See Roasting Chart
Pasta e.g. Lasagne	3	200	30-40
Vegetable dishes			
Baked jacket potatoes	2 and 4	200	1-1½ hours
Baked stuffed marrow	5	200	30-35
Baked stuffed tomatoes	3	190	20-25
Roast potatoes	5	200-220	1-1½ hours
Yorkshire puddings: Large	5	230	35-40
Individual	2 and 5	230	35-40

ROASTING CHART

ROASTING CHART		
INTERNAL TEMPERATURES – Rare : 50-60°C, Medium : 60-70°C, Well done : 70-80°C		
MEAT	FAN OVEN	COOKING TIME
Beef	180 - 200°	20-35 minutes per ½kg (1lb) and 20-35 minutes over
Beef, boned	180 - 200°	25-35 minutes per ½kg (1lb) and 25-35 minutes over
Mutton and Lamb	180 - 200°	25-35 minutes per ½kg (1lb) and 25-35 minutes over
Pork and veal	180 - 200°	30-40 minutes per ½kg (1lb) and 30-40 minutes over
Ham	180 - 200°	30-40 minutes per ½kg (1lb) and 30-40 minutes over
Chicken	180 - 200°	15-20 minutes per ½kg (1lb) and 20 minutes over
Turkey and Goose	180 - 200°	15-20 minutes per ½kg (1lb) up to 3½kg (7lb) then 15 minutes per ½kg (1lb) over 3½kg (7lb)
Duck	180 - 200°	25-35 minutes per ½kg (1lb) and 25-35 minutes over
Pheasant	180 - 200°	35-40 minutes per ½kg (1lb) and 35-40 minutes over
Rabbit	180 - 200°	20 minutes per ½kg (1lb) and 20 minutes over
Potatoes with meat	180 - 200°	According to size
Potatoes without meat	190 - 200°	According to size

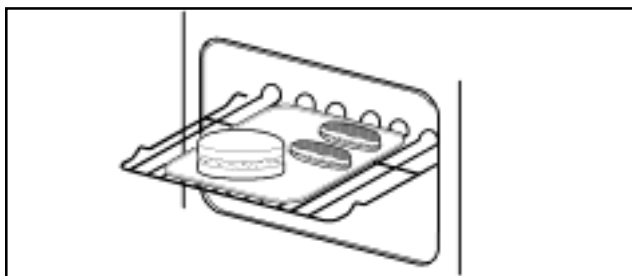
The roasting temperatures are intended as a guide only. It may be necessary to increase or decrease the temperatures by 10°C to suit individual preferences and requirements.

Wrap joints in foil if preferred, for extra browning uncover for the last 20 – 30 min. cooking time.

DEFROST FEATURE

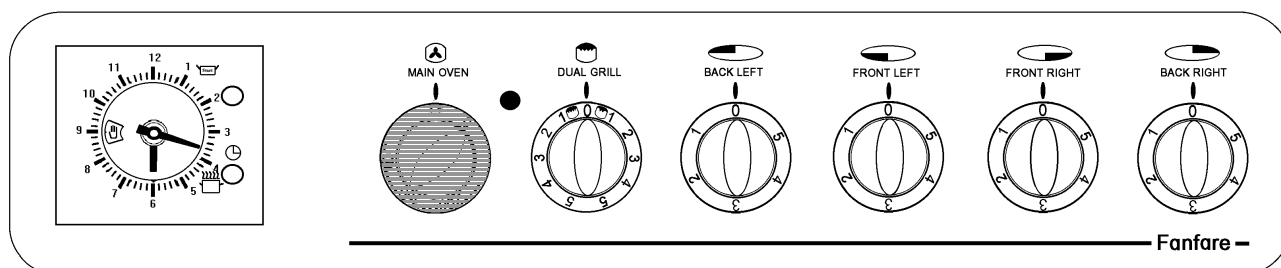
USES OF DEFROST


This fan oven function defrosts most foods faster than more conventional methods. It is particularly suitable for delicate frozen foods which are to be served cold e.g. cream filled gateaux, cakes covered with icings or frostings, cheesecakes, biscuits, scones etc.



It is preferable to thaw fish, meat and poultry slowly in the fridge. However, this process can be accelerated by using the defrost function.

SELECTING DEFROST

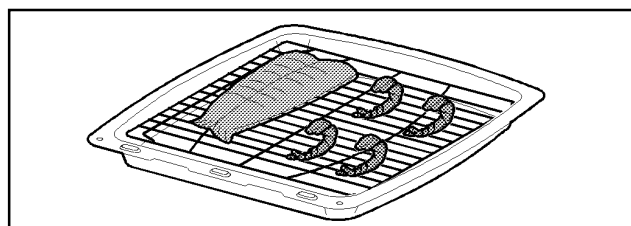


- Turn the oven temperature control to the defrost setting 
- When defrost is selected, the oven indicator neon may come ON. It will stay ON until the oven reaches room temperature and then go OFF.
- It may turn ON and OFF periodically during defrosting to maintain a steady room temperature, inside the oven.

THINGS TO NOTE

Care must always be taken when handling foods in the home. Always follow the basic rules of food hygiene to prevent bacterial and microbial growth and cross contamination when defrosting, preparing, cooking, cooling and freezing foods.

Small or thin fish fillets, frozen peeled prawns, cubed or minced liver, thin chops, steaks etc., can be thawed in 1 – 2 hours.



A 1kg/2¼lb oven ready chicken will be thawed in approximately 5 hours. Remove the giblets as soon as possible during the thawing process.

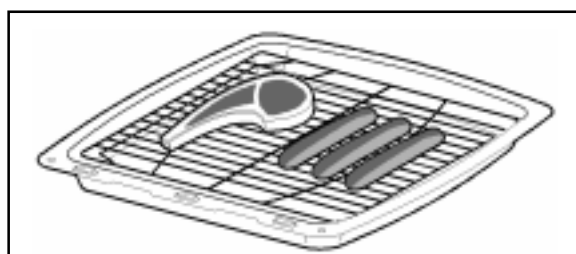
Joints of meat up to 2kg/4½lb in weight can be thawed using the defrost function.

ALL JOINTS OF MEAT AND POULTRY MUST BE THAWED THOROUGHLY BEFORE COOKING.

ALWAYS COOK THOROUGHLY IMMEDIATELY AFTER THAWING.

HINTS AND TIPS

- Place the frozen food in a single layer where possible and turn it over half way through the defrosting process.



- The actual speed of defrosting is influenced by room temperature. On warm days defrosting will be faster than on cooler days.
- **DO NOT** leave food at room temperature once it is defrosted. Cook raw food immediately or store cooked food in the fridge once it has cooled.

CARE AND CLEANING

ALWAYS SWITCH OFF THE ELECTRICITY SUPPLY AT THE MAIN WALL SWITCH AND ALLOW THE APPLIANCE TO COOL BEFORE CLEANING.

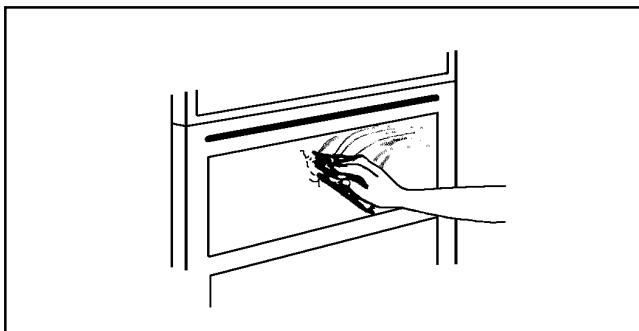
CLEANING MATERIALS

Before using any cleaning materials on your appliance, check that they are suitable and that their use is recommended by the manufacturer.

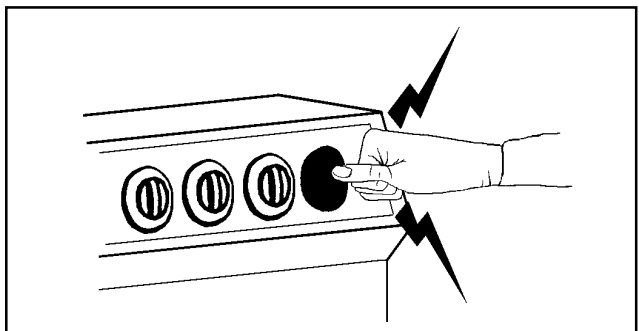
Cleaners that contain bleach should NOT be used as they may dull the surface finishes. Harsh abrasives should also be avoided

CLEANING THE OUTSIDE OF THE APPLIANCE

DO NOT use abrasive cleaning materials, or scourers on the outside of the appliance as some of the finishes are painted and damage may occur. Cleaners that contain bleach should NOT be used as they may dull the surface finishes. Regularly wipe over the control panel, splashback, oven doors and cooker sides using a soft cloth and liquid detergent cleaning materials.



DO NOT ATTEMPT TO REMOVE ANY OF THE CONTROL KNOBS FROM THE PANEL AS THIS MAY CAUSE DAMAGE AND IS A SAFETY HAZARD.



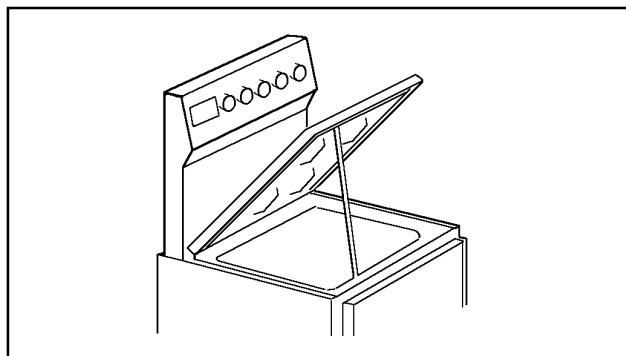
CLEANING THE RADIANT HOB AND HOTPLATE TRIMS

Clean the hob surface with liquid detergent or a mild abrasive cream cleaner.

The chrome hotplate trims are removable for easy cleaning, and can be washed in the dishwasher. The chrome hotplate supports should NOT be removed.

The spillage tray below the hotplates can be cleaned using a soap impregnated steel wool pad.

For convenience, the hob is hinged and can be supported using the hob stay rod during cleaning.



CLEANING THE VITREOUS ENAMEL

Use a clean damp cloth or scourer made for non-stick saucepans with 'Cif' or cream cleaner.

CLEANING THE GRILL AND OVEN FURNITURE

All removable parts, except the grill pan handle can be washed in the dishwasher. The chrome hotplate supports should NOT be removed.

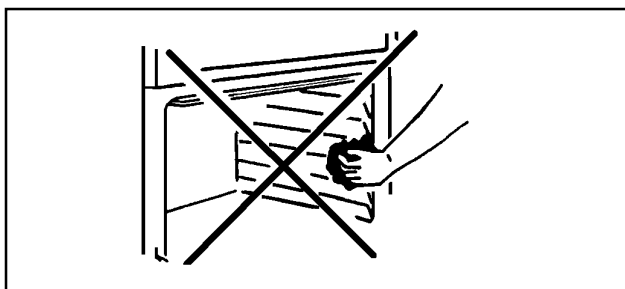
The grill pan, grill pan grid and oven shelves may be cleaned using a soap impregnated steel wool pad. Soaking first in hot soapy water will make cleaning easier.

CLEANING INSIDE THE OVEN/GRILL COMPARTMENTS

The Stayclean surfaces inside the ovens should not be cleaned manually. See "Care of Stayclean Surfaces".

The vitreous enamel oven base and grill compartment can be cleaned using normal oven cleaners or aerosol oven cleaners with care. Ensure that the manufacturers instructions are followed and that all parts are well rinsed afterwards.

Aerosol cleaners must not be used on the Stayclean side linings and must not come into contact with elements as this may cause damage.



CARE OF STAYCLEAN SURFACES

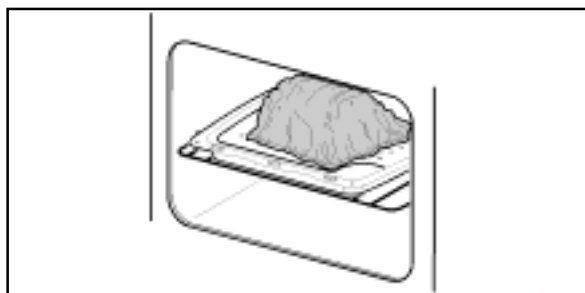
Stayclean surfaces destroy splashes of food and fats when the oven temperature is raised to around 220°C.

It is a good idea to run the oven for an hour or two per week to ensure continued good performance from the Stayclean finish.

HINTS AND TIPS

- Manual cleaning of the Stayclean surfaces IS NOT recommended. Damage will occur if abrasives or aerosol sprays of any kind are used.
- Slight discolouration and polishing of the Stayclean surfaces may occur in time. This does not affect the Stayclean properties in any way.
- A good time to allow the oven to run on is after the weekly roast. After removing the roast, turn the oven up to 220°C and allow to run for an hour or so. It is important not to allow a build-up of soilage as this can prevent the Stayclean surfaces from working.
- Follow the recommendations below to keep oven soilage to a minimum.
- Cook at the recommended temperatures. Higher temperatures during roasting will increase soilage. Try cooking at lower temperatures for an increased length of time, you will save energy and often the joint is more tender.
- It is NOT necessary to add water to a meat tin when roasting. The water and the fat juices from the joint create excessive splattering during cooking - even at normal temperatures, as well as causing condensation.

- Use minimal, if any, extra oil or fat when roasting meat, potatoes only require brushing with fat before cooking. Extra fat in the oven during roasting will increase splashing and soilage.
- Covering joints during cooking will also prevent splashing onto the interior surfaces. Removing the covering for the last 20-30 minutes will allow extra browning if required. Some large joints and turkeys especially benefit by this method of cooking, allowing the joint to cook through before the outside is over-browned.



REPLACING THE OVEN LIGHT BULB

(MODEL SB423 ONLY)

The type of bulb required is a 300°C 25 watt small Edison Screw. Part number 572 491 5431-00/1 (Available through Service Force Centres).

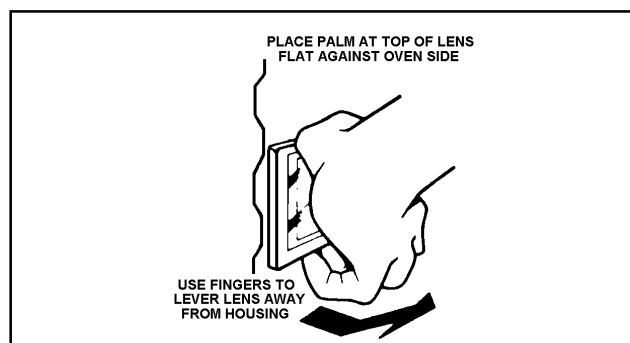
CAUTION: Disconnect the appliance from the electricity supply before replacing the bulb.

Open the door and remove the shelves to enable easy access to the oven light assembly. Insert a flat blade screwdriver between the oven side and glass which covers the bulb.

Support the glass with your hand and prise out sufficiently to release the glass cover. Unscrew the bulb in an anticlockwise direction until it is possible to remove the bulb with ease.

Fit the new bulb by turning in a clockwise direction until it is secure. Ensuring the indent to the flange is pointing to the rear of the oven, replace the glass by pushing it firmly into the hole to cover the bulb assembly.

Replace the shelves. Restore the electricity supply and adjust the time of day and clock as necessary.



SOMETHING NOT WORKING?

Before calling an Engineer please carry out the following checks, you may be able to solve the problem without the expense of an engineer.

If our Service Engineer finds that the problem is listed below you will be charged for the call whether or not the appliance is under guarantee.

The appliance does not work at all:

- * Check that the appliance has been wired in and is switched on at the wall.
- * Check that the main appliance fuse is working.
- * Check that the timer has been set to manual (see page 11).

The grill and hotplates work but the oven does not:

- * Check that the timer is set to manual operation (see page 11).

The oven temperature is too high or low:

- * Check that the recommended temperatures are being used (see page 20). Be prepared to adjust the temperature up or down by 10°C to achieve the results you want.

The hotplates and oven work but the grill does not:

- * Check that you have carefully followed the instructions for operation of the grill.

The oven is not cooking evenly or the side opening door will not stay open:

- * Check that the appliance is level.

The oven fan is noisy:

- * Check that bakeware is not vibrating in contact with the back panel.
- * Check that the oven is level.

The oven light fails to illuminate:

(model SB423 only)

- * Check that the appliance is not set for automatic cooking. The light will illuminate when the cook time begins.
- * If you have had your appliance for several months you may need to replace the light bulb (see page 24).

SERVICE AND SPARE PARTS

In the event of your appliance requiring service, or if you wish to purchase spare parts please contact your local Service Force Centre by telephoning:

0870 5 929929

Your call will be routed to the Service Force Centre covering your post code area. The address of your local Service Force Centre is detailed on the following pages.

For Service in the **Republic of Ireland** contact
Tricity Bendix
Long Mile Road
Dublin 12

Telephone: 01 4090752

Before calling out an engineer, please ensure you have read the details under the heading 'Something Not Working?'.

When you contact the Service Force Centre you will need to give the following details:

1. Your name, address and post code.
2. Your telephone number.
3. Clear and concise details of the fault.
4. The model, product and serial number of the appliance (found on the rating plate).
5. The purchase date.

CUSTOMER CARE DEPARTMENT

For general enquiries concerning your Tricity Bendix appliance, or further information on Tricity Bendix products, you are invited to contact our Customer Care Department by letter or telephone as follows:

Customer Care Department
Tricity Bendix
55 – 77 High Street
Slough
Berkshire
SL1 1DZ

Tel: 0870 5 950950 *

* calls to this number may be recorded for training purposes.

To contact your local Service Force Centre telephone **08705 929 929**

CHANNEL ISLANDS		SLE OF LEWIS	ND Macleod 16 James Street Stornoway Isle of Lewis PA87 2QW	NORTH EAST	
GUERNSEY	Guernsey Electricity PO Box 4 Vale, Guernsey Channel Islands GY1 3AD	KELSO	2, 6 & 8 Woodmarket Kelso Borders TD5 7AX	GATESHEAD	Unit 356a Dukesway Court Dukesway Gateshead NE11 0BH
JERSEY	Jersey Electricity Company Haut De L'orme Rue De Haut De L'orme Trinity Jersey Channel Islands JE3 5FG	ORKNEY	7 King Street Kirkwall Orkney KW15 1JF	GRIMSBY	15 Hainton Avenue Grimsby N. E. Lincs DN32 9AS
SCOTLAND		PERTH	Scottish Hydro Electric Central Warehouse Inveralmond Perth PH1 3AF	HULL	Unit 1 Boulevard Industrial Estate Hull HU3 4AY
ABERDEEN	54 Claremont Street Aberdeen AB10 6RA	(OWN SALES)		LEEDS	64-66 Cross Gates Road Cross Gates Leeds LS15 7YS
AUCHTERMUCHTY	33a Burnside Auchtermuchty Fife KY14 7AJ	SHETLAND	3-4 Carlton Place Lerwick Shetland ZE1 0PW	NEWTON AYCLIFFE	Unit 23 Northfield Way Aycliffe Industrial Park Newton Aycliffe DL5 6EJ
BLANTYRE	Unit 5 Block 2 Auchenraith Ind. Estate Rosendale Way Blantyre G72 0NJ	SHETLAND	Bolts Shetland Ltd. 26 North Road Lerwick Shetland ZE1 0PE	SHEFFIELD	Pennine House Roman Ridge Road Sheffield S9 1GB
DUMFRIES	93 Irish Street Dumfries DG1 2 PQ	WHALSAY	Leask Electrical Harisdale Symbister, Whalsay Shetland ZE2 9AA	NORTH WEST	
DUNOON	7 Hill Street Dunoon Argyll PA23 7AL	NORTHERN IRELAND		BIRKENHEAD	1 Kelvin Park Dock Road Birkenhead CH41 1LT
EDINBURGH	Unit 12 Dumbryden Ind. Estate 2 Dumbryden Road Edinburgh EH14 2AB	BELFAST	Owenmore House Kilwee Business Park Dunmurry Belfast BT17 0HD	CARLISLE	Unit 7 James Street Workshops James Street Carlisle Cumbria CA2 5AH
GLASGOW	Unit 4 Wellington Road Bishopriggs Glasgow G64 2SA	WALES		ISLE OF MAN	South Quay Ind. Estate Douglas Isle of Man IM1 5AT
INVERNESS	Unit 3BI Smithton Ind. Estate Smithton Inverness IV2 7WL	CARDIFF	Unit 4 Guardian Industrial Estate Clydesmuir Road Cardiff CF2 2QS	BOLTON	Unit B Central Industrial Estate St Marks Street Bolton BL3 6NR
ISLE OF ARRAN	Arran Domestics The Douglas Centre Brodict Isle of Arran KA27 8AJ	CLYWD	Unit 6-7 Coed Parc Abergele Road Rhuddlan Clwyd LL18 5UG	PRESTON	Unit 250 Dawson Place Bamber Bridge Preston Lancashire PR5 8AL
ISLE OF BARRA	J Zerfah 244 Bruernish Isle of Barra Western Islands HS9 5QY	DYFED	Unit 9 St. Clears Business Park Tenby Road St. Clears Carmarthen SA33 4JW	STOCKPORT	Unit 20 Haigh Park Haigh Avenue Stockport SK4 1QR
ISLES OF BUTE	Walker Engineering Glenmhor Upper Serpentine Road Rothsay Isle of Bute PA20 9EH	OSWESTRY	Plas Ffynnon Warehouse Middleton Road Oswestry SY11 2PP		

To contact your local Service Force Centre telephone **08705 929 929**

MIDLANDS		LONDON & EAST ANGLIA		SOUTH EAST	
BIRMINGHAM	66 Birch Road East Wyrley Trading Estate Witton Birmingham B6 7DB	BECKENHAM	11a Gardner Ind. Estate Kent House Lane Beckenham Kent BR3 1QZ	ASHFORD	Unit 2 Bridge Road Business Centre Bridge Road Ashford Kent TN23 1BB
BOURNE	Pinfold Road Bourne PE10 9HT	CHELMSFORD	Hanbury Road Widford Ind. Estate Chelmsford Essex CM12 3AE	FLEET	Unit 1 Redfields Ind. Estate Church Crookham Fleet Hampshire GU13 0RD
BRIDGNORTH	68 St. Mary's Street Bridgnorth Shropshire WV16 4DR	COLINDALE	Unit 14 Capitol Park Capitol Way Colindale London NW9 0EQ	HAYWARDS HEATH	21-25 Bridge Road Haywards Heath Sussex RH16 1UA
GLOUCESTER	101 Rycroft Street Gloucester GL1 4NB	ELTHAM	194 Court Road Mottingham Eltham London SE9 4EW	TONBRIDGE	Unit 30 Deacon Trading Estate Morley Road Tonbridge TN9 1RA
HEREFORD	Units 3 & 4 Bank Buildings Cattle market Hereford HE4 9HX	ENFIELD	284 Alma Road Enfield London EN3 7BB	SOUTH WEST	
HIGHAM FERRERS	30 High Street Higham Ferrers Northants NN10 8PL	GRAVESEND	Unit B4 Imperial Business Estate West Mill Gravesend Kent DA11 0DL		
ILKESTON	Unit 2 Furnace Road Ilkeston DE7 5EP	IPSWICH	Unit 6C Elton Park Business Centre Hadleigh Road Ipswich IP2 0DD	BARNSTAPLE	Main Road Fremington Barnstaple North Devon EX31 2NT
LEICESTER	Unit 7 Oaks Industrial Estate Coventry Road Narborough Leicestershire LE9 5GF	LETCHEWORTH	16-17 Woodside Ind. Park Works Road Letchworth Herts SG6 1LA	BOURNEMOUTH	63-65 Curzon Road Bournemouth Dorset BH1 4PW
LINCOLN	Unit 8 Clifton Street Stone Field Park Lincoln LN5 8LQ	LONDON	2 - 4 Royal Lane Yiewsley West Drayton Middlesex UB7 8DL	BRIDGEWATER	6 Herswell Business Park Salmon Parade Bridgewater Somerset TA6 5PY
NEWCASTLE UNDER LYME	18-21 Croft Road Brampton Ind. Estate Newcastle under Lyme Staffordshire ST5 0TW	MAIDENHEAD	Reform Road Maidenhead Berkshire SL6 8BY	BRISTOL	11 Eldon Way Eldonwall Trading Estate Bristol BS4 3QQ
REDDITCH	13 Thornhill Road North Moons Moat Redditch Worcestershire B98 9ND	MOLESEY	10 Island Farm Avenue West Molesey Surrey KT8 2UZ	EMSWORTH	266 Main Road Southbourne Emsworth PO10 8JL
TAMWORTH	Unit 3 Sterling Park Claymore Tamworth B77 5DQ	NEWBURY	9 Pipers Court Berkshire Drive Thatcham Berkshire RG19 4ER	ISLE OF WIGHT	Unit 8 Enterprise Court Ryde Business Park Ryde Isle of Wight PO33 1DB
WORCESTER	Units 1 & 2 Northbrooks Close Gregorys Mill Ind. Estate Worcester WR3 8BP	NORWICH	2b Trafalgar Street Norwich NR1 3HN	NEWTON ABBOT	Unit 2 Zealley Ind. Estate Kingsteignton Newton Abbot TQ12 3TD
		SUNBURY	Unit 1a The Summit Hanworth Road Sunbury on Thames TW16 5DB	REDRUTH	Unit 7D Pool Ind. Estate Druids Road Redruth Cornwall TR15 3RH

GUARANTEE CONDITIONS

Standard guarantee conditions

We, Tricity Bendix, undertake that if within 12 months of the date of the purchase this Tricity Bendix appliance or any part thereof is proved to be defective by reason only of faulty workmanship or materials, we will, at our option repair or replace the same FREE OF CHARGE for labour, materials or carriage on condition that:

- The appliance has been correctly installed and used only on the electricity supply stated on the rating plate.
- The appliance has been used for normal domestic purposes only, and in accordance with the manufacturer's instructions.
- The appliance has not been serviced, maintained, repaired, taken apart or tampered with by any person not authorised by us.
- All service work under this guarantee must be undertaken by a Service Force Centre.
- Any appliance or defective part replaced shall become the Company's property.
- This guarantee is in addition to your statutory and other legal rights.

Home visits are made between **8.30am** and **5.30am** Monday to Friday. Visits may be available outside these hours in which case a **premium** will be charged.

Exclusions

This guarantee does not cover:

- Damage or calls resulting from transportation, improper use or neglect, the replacement of any light bulbs or removable parts of glass or plastic.
- Costs incurred for calls to put right an appliance which is improperly installed or calls to appliances outside the United Kingdom.
- Appliances found to be in use within a commercial environment, plus those which are subject to rental agreements.
- Products of Tricity Bendix manufacture which are not marketed by Tricity Bendix.

European Guarantee

If you should move to another country within Europe then your guarantee moves with you to your new home subject to the following qualifications:

- The guarantee starts from the date you first purchased your product.
- The guarantee is for the same period and to the same extent for labour and parts as exists in the new country of use for this brand or range of products.
- This guarantee relates to you and cannot be transferred to another user.
- Your new home is within the European Community (EC) or European Free Trade Area.
- The product is installed and used in accordance with our instructions and is only used domestically, i.e. a normal household.
- The product is installed taking into account regulations in your new country.

Before you move please contact your nearest Customer Care centre, listed below, to give them details of your new home. They will then ensure that the local Service Organisation is aware of your move and able to look after you and your appliances.

France	Senlis	+33 (0) 3 44 62 20 13
Germany	Nürnberg	+49 (0) 800 234 7378
Italy	Pordernone	+39 (0) 800117511
Sweden	Stockholm	+46 (0) 20 78 77 50
UK	Slough	+44 (0) 1753 219898

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IMPORTANT NOTICE

In line with our continuing policy of research and development, we reserve the right to alter models and specifications without prior notice.

This instruction booklet is accurate at the date of printing, but will be superseded if specifications or appearance are changed.

TRICITY BENDIX
55 – 77 HIGH STREET,
SLOUGH,
BERKSHIRE,
SL1 1DZ
TELEPHONE 0870 5 950950

Part Number: 311313711

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 **From the Electrolux Group.** *The world's No.1 choice.*

The Electrolux Group is the world's largest producer of powered appliances for kitchen, cleaning and outdoor use. More than 55 million Electrolux Group products (such as refrigerators, cookers, washing machines, vacuum cleaners, chain saws and lawn mowers) are sold each year to a value of approx. USD 14 billion in more than 150 countries around the world.